



Mite 1 Skills Practice Plan #3

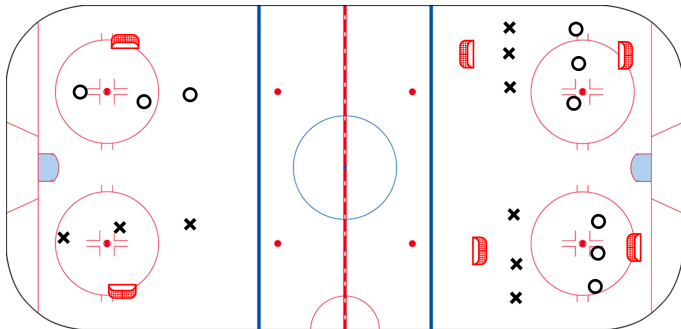
Duration: 60 mins

Begin with 3v3 Cross in Both Ends

0 mins

3v3 Mite Small Area Game

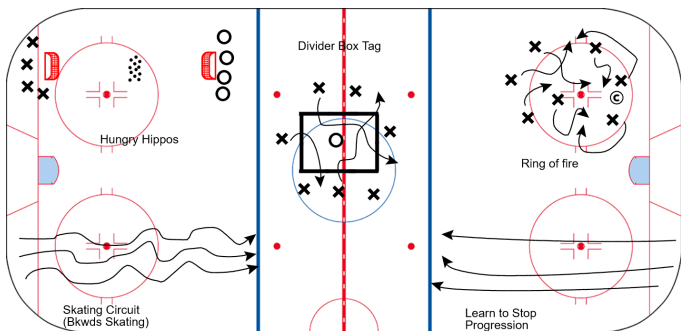
10 mins



There are many different variations of 3v3 small area games we can do with mite hockey players. We can do cross-ice or use 1/4 of the ice. With the nets, we can have them facing each other, facing away from each other, and we can put dividers in front of them so that athletes must lift puck to score. If you have a larger group and are doing 4v4 and there is a wider skill gap among players, consider having the game utilize two pucks so that more kids can get touches and they spread out more.

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40 mins



Skating Circuit (Bkwd Skating)

Backward Swivels, Backward One Foot C Cuts, Backward Squat Glides, Backward Skating Races, Forward Swivels, Forward Skiers, Drop to Knees Get Up, Jumps

Hungry Hippos

Coach places a bunch of pucks in the middle. Make sure nets are turned away from middle. Players race to try to get as many pucks into the opposing net as possible. Coaches count up totals after the game finishes. Players can play offense (try to just carry pucks and pass them into net) or defensive (try to stop opposing team from scoring goals).

Divider Box Tag

Put the dividers into a square. Keep about 10-15 feet open at each corner. O is in the middle. Xs are on the outside.

Tag Version: O is trying to tag an X. The Xs have to skate into the box and then skate out. They can jump over a divider.

Keep Away Version: O is trying to steal a puck from one of the Xs. The Xs have to skate through one corner and then back out through another without losing their puck. If O gets the puck, he then becomes an X and the X that lost the puck becomes an O.

Ring of Fire

Grab the ringettes. If you have 8 athletes in your station, give out 8 ringettes. Coaches provide light resistance. Then, take one ringette out every 20-30 seconds until there is only 2 ringettes left.

Coaching point: teach athletes to lift the opponent's stick and use their body to win the ringette.

Learn to Stop Progression

Shave ice for 10 seconds on each foot in place, Pizza stops, One-foot stops **follow progression on the learning to stop teaching guide

****Play two net Hungry Hippos with Ringettes in each end to finish.**

Play Hungry Hippos in Each End to Finish

10 mins